

**NO HICKLEBACK
GUARANTEE**

**LIVE
88.5fm**

That's so last year

This Stella McCartney number won over stylish stars like Kate Moss in 2012. Check out other top fashion moments of the year PAGE 13

Thursday, January 3, 2013

OTTAWA

metro

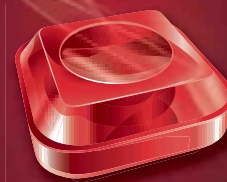
®



ing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Weather your cold.



HALLS

We'll all feel better.

For the temporary relief of cough.
Always read and follow the label.



Ontario Education Minister Laurel Broten is seen during a September 2012 vote at which the Liberal party and the Progressive Conservative party passed Bill 115, an anti-strike law that cut benefits and limited wages for Ontario teachers. THE CANADIAN PRESS FILE

Broten ready to 'bring down the hammer'

Education. Contracts imposed on teachers will mirror deals with other unions, source says

Education Minister Laurel Broten will impose contracts on public school teachers under the minority Liberal government's controversial Bill 115 before classes resume Monday, Torstar News Service has learned.

The details — to be announced at a news conference Thursday — mirror the two-year deals reached last summer with Catholic and French-language teachers, freezing pay for most, reducing sick days and limiting how much unclaimed sick time can be cashed out at retirement.

"We have to do it or else it'll be the world's biggest flip-flop," a senior government source said Wednesday.

However, it's unlikely Broten's measures will restore peace in public schools.

Many teachers are expected to continue boycotting extra-curricular activities such as coaching sports teams and helping with student clubs.

And a one-day, province-wide political protest has been threatened by the Elementary Teachers' Federation of Ontario and Ontario Secondary School Teachers' Federation — although it's not clear if this means an illegal strike or something on a PD day or weekend.

The two powerful unions contend that Bill 115, passed with support from the Progressive Conservatives, unconstitutionally curbs their collective-bargaining rights, and are challenging it in court.

Premier Dalton McGuinty hinted at the government's action in a three-page letter to teachers Wednesday after weeks of one-day rotating strikes by public elementary teachers and extracurricular bans.

"Ontarians expect, rightly, that uncertainty in education will not continue indefinitely," McGuinty said. "Our preference

is and has always been negotiated settlements. But after 10 months, the bargaining deadline (Jan. 1) has passed."

While there had been pressure from union leaders like president Sam Hammond of the elementary teachers union and some Liberal leadership candidates to delay imposing the terms of Bill 115 as a way to quell labour unrest, that option was rejected. "I don't know anyone but Sam Hammond, Gerard Kennedy and (St. Paul's MPP) Eric Hoskins who thinks postponing it will reduce the uncertainty," the senior government source added.

A top Liberal strategist said Broten has no choice but to use the powers under Bill 115.

"She is going to bring down the hammer. You've got a whole bunch of staffers and teachers in other parts of the (education) system who have agreed to the terms.... You have to bring everyone into the same deal," said the veteran, who added Bill 115 could be repealed before the next election.

TORSTAR NEWS SERVICE



From civil servant to entrepreneur

Laid-off government worker starts own franchise PAGE 4

Nickels next?

Ex-BoC economist says pennies not the only obsolete coin PAGE 8


Choose your own public art

Finalists competing for coveted Churchill & Byron corner PAGE 3

Big boys 'n' toys

Ottawa Remote Control Club unites aficionados with the planes they love to fly PAGE 10





We think having a plan
for the future, is a really
good plan for the future.

Retirement Savings Calculator Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

Visit tdcanadatrust.com/yourretirement or a branch today.



No reason to leave prisoner topless in cell: Veteran cop

Sexual-assault charges.
Second officer testifies
argumentative prisoner
'did not seem suicidal'

JOE LOFARO
joe.lofaro@metronews.ca

There was no reason to leave a female prisoner topless in a cell, a veteran police officer told the court hearing the sexual assault trial of Ottawa Police Sgt. Steven Desjourdy.

Desjourdy is accused of sexually assaulting a female prisoner in the cell block during a Sept. 6, 2008, strip search.

Desjourdy cut off the woman's shirt and bra with scissors while the woman was pinned to the ground and strip searched. The Crown argues Desjourdy removed those articles of clothing to humiliate an unco-operative prisoner.

Crown prosecutor Chris Webb asked witness Sgt. David Christie, a 23-year veteran of the Ottawa police

force, if there was any reason to leave a prisoner with pants and no top, referring to the circumstances of the complainant.

"Not that I can think of, no," said Christie, who was called Wednesday to testify as the Crown's second-last witness.

Court heard previously that Desjourdy wrote in a report about the incident that he cut off the woman's top and bra "so that she would not hang herself."

The woman cannot be identified due to a publication ban.

Christie said strip searches are supposed to be done in a private room near the booking counter by an officer of the same sex as the prisoner.

Court heard that the woman at the centre of the trial was strip-searched after mule-kicking the sole female officer present, Const. Melanie Morris. Four male officers and Morris were present at time of the strip search.

Christie said the room is for a "co-operative prisoner."

Christie also said he was not given any information



Sgt. David Christie leaves the Ottawa Courthouse on Wednesday after testifying in the trial of Sgt. Steven Desjourdy.
JOE LOFARO/METRO

about the woman being suicidal prior to Desjourdy relieving him of his duties that day.

In cross-examination, Christie said officers treat each situation differently based on a prisoner's behav-

iour in the cell block.

"It's not an assembly line," said Christie.

The Crown's final witness, Const. Cameron Downie, testified that the woman was argumentative and was swearing in the police cruiser

when his colleague arrested her for public intoxication.

Downie said she did not seem suicidal and he does not recall being told why Desjourdy cut off her top and bra.

The trial resumes Thursday.



Finalists Oded and Pamela Ravek show off an annealed glass panel, their proposed sculpture for Churchill and Byron. STEVE COLLINS/FOR METRO

Public to help choose new art installation

When major road reconstruction is finally completed on Churchill Avenue in Westboro next year, residents can look forward to separated cycling lanes, improved pedestrian corridors and a new artistic creation at the intersection with Byron Avenue.

The city sets aside one per cent of the budget for major construction projects for pub-

lic art, and four artists are competing for the honour of gussying up Churchill and Byron.

The four finalists — Marcus Kucey Jones, Don Maynard, Jennifer Stead and artist team Oded and Pamela Ravek — came out on top of a field of fourteen hopefuls.

What really stood out in the finalists, said project co-

ordinator Kristen Lamb, was creativity and professionalism.

"They have great portfolios and their concepts were really strong," she said.

The public will have a chance to meet all four contenders and see their plans at the Churchill Seniors Centre in Westboro from 5:30 to 7:30 p.m. Dec. 7.

STEVE COLLINS/FOR METRO



be fit • eat right • think well • go green

presented by: **GoodLife FITNESS**

Visit the website for more details
and to purchase tickets

www.OttawaHealthandWellnessExpo.com

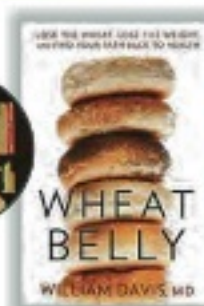
Join us for the 7th annual Health and Wellness Expo!

Saturday January 12th, 2012 • 9 am to 4 pm

CENTRE DES ARTS SHENKMAN ARTS CENTRE

**Expo Special
Key Note
Speaker**

New York Times
Best Selling Author,
Dr. William Davis



Over 100 exhibitors this year, amazing speakers and a shocking newly released health documentary.

DON'T MISS OUT!

Dentistry. Needy patients brave cold for free care

One woman bundled in blankets began to wait outside the Chapman Mills Dental clinic in Barrhaven at 5 a.m. Dec. 22 as the office prepared to offer free dental care for Ottawa's neediest.

"She didn't have a jacket and was wrapped in blankets," said Amanda Fayad, who co-owns the practice with her husband, dentist Dr. John Fayad. "There's a definite need. I knew there was, but I wasn't sure they would come."

Before 8 a.m., patients were lined up outside the clinic as the Fayads offered "smiles on us" for the holidays — a plan to give free teeth cleaning, tooth extractions and fillings to those who couldn't otherwise afford them.

With 102 patients and \$27,000 worth of free treatment given to the community that day, Fayad calls the event a resounding success.

"It was awesome. The doctors loved it, they couldn't wait to do it again. We were high for days after," she said. "I think it would be great if dentists all over the city decided to do it one day of the year, if I could just get them on board."

One little girl seen by the crew had five cavities.

"A lot of people wanted cleanings. The second biggest was extractions: A lot of teeth came out that day," said Fayad. "Everybody was in a really good mood. No one complained."

GRAHAM LANKTREE/METRO

Crime. Man charged in connection with 9 robberies

Police have charged an Ottawa man in connection with a streak of nine robberies committed in November and December.

Erba Beyecha, 23, faces 41 charges, including nine counts each of robbery with an offensive weapon, possession of a weapon in commission of an offence, wearing a disguise to commit an offence and using an imitation firearm during the commission of an offence.

Nobody was injured in the robberies, which targeted two gas stations two times each, three banks, a convenience store and a pharmacy.

A witness who followed a suspect after a Dec. 27 robbery of a gas station in the 3700 block of Fallowfield Road saw a man get into a vehicle and drive off. Police found the vehicle soon afterwards, arrested the driver and seized an imitation handgun.

Beyecha is scheduled to

Charges

Beyecha faces charges of:

- Robbery with an offensive weapon (9 counts)
- Attempted robbery (1 count)
- Wearing a disguise to commit an offence (9 counts)
- Possession of a weapon in commission of an offence (9 counts)
- Use of imitation firearm during the commission of an offence (9 counts)
- Uttering threats (3 counts)
- Dangerous operation of a motor vehicle (1 count)

appear in court on Friday.
STEVE COLLINS/FOR METRO



Cody Party Centre franchise owner Allan McGuire bought the Kanata business in August after being laid off from the federal government, where he worked for 20 years. GRAHAM LANKTREE/METRO

Laid-off public servants start over

Massive cuts. Some former federal workers have become entrepreneurs



GRAHAM LANKTREE
graham.lanktree@metronews.ca

After a year of federal government layoffs that saw some 11,000 civil servants lose their jobs, many have turned to the entrepreneurial fire inside to find work in 2013.

"At the beginning of April, I received notice that my position was surplus," said Allan McGuire, who by August 2012

had bought a Cody Party Centre franchise in Kanata after working for the Canadian government for the past 20 years.

"As a guy with that many years in, I thought I would be pretty safe," McGuire said. He had anticipated that cuts to the Rural and Co-operatives Secretariat program where he worked would be a mere five to 15 per cent. "When the budget dropped, my program suffered a 90 per cent cut. It was drastic. 100 total employees were cut down to 12 or 15."

Rather than move to Kitchener or Toronto to find another position with the feds, McGuire said he began to look for something new. "I just didn't want to go back into an office environ-

ment. Even before I started working for the public service I had considered finding a business I could operate on my own."

Longing for freedom, McGuire looked into how much it would cost, and found a promising franchise prospect. He then contacted Sandra Harvey of the Murphy Business & Financial Corp., which specializes in the sale of small businesses.

"When I met with Allan, I could see he had a lot of drive and skill sets," Harvey said, noting that January is a popular month for new business starts since many people make resolutions at the end of the year. "I find that we're getting a lot of interest from the government

world looking to be first-time business owners. For a lot of people, franchises are a really great fit because they take care of the business model, marketing and tools."

McGuire said he was able to get bank financing with Harvey's help, but it took roughly \$300,000 and a \$50,000 down payment to buy the business, get an inventory and set to work.

"Sandra was willing to invest more time and effort into helping me make an informed decision," he said. "Am I going to become wealthy? Nah. Comfortable? That would be good. The first year is the toughest year, but I feel that I'm going to make it through OK."



PRO PHYSIO
& SPORT MEDICINE CENTRES

PROPHYSIOTHERAPY.COM

23 Locations Serving Ottawa for 18 years

OTTAWA'S LEADER IN SPORT MEDICINE AND PHYSIOTHERAPY
Acupuncture • Active Release Technique • IMS • Manual Therapy • Vestibular Rehab • Neuro Rehab

• SPORT MEDICINE DOCTORS AND ORTHOPEDIC SURGEONS ON-SITE WITH NO WAITING LIST! • WSIB/MVA PATIENTS WELCOME • CUSTOM BRACING & ORTHOTICS

DIRECT BILLING TO MOST INSURANCE PLANS • OHIP DESIGNATED

Head Office: 1427 Ogilvie Road, Ottawa ON K1J 8M7
tel: 613 747-8787 | fax: 613 745-5389 | info@prophysiotherapy.com
Location Hours: Monday - Friday 7am - 8pm

Pro Physio &
Sport Medicine Centres





Bundle your Home Phone and Internet
and save big!



Home Phone + Internet
...for one low price

\$49⁹⁵
/month

The Comwave Comparison

	Bell	Rogers	comwave [®]
INTERNET SPEED	UP TO 5MBP/s	UP TO 6MBP/s	UP TO 6MBP/s
DATA USAGE	15 GB	20 GB	UNLIMITED
PRICE	\$67.90 <small>/month</small>	\$67.40 <small>/month</small>	\$49.95 <small>/month</small>
YOU SAVE	\$275.40	\$269.40	PER YEAR

Limited Time Offer

6 Months FREE

Home Phone Service



Download our Comwave
Mobile App

3 Days Free Trial



BlackBerry
App World.

1-866-209-8617

www.comwave.net

[illegible]

What is the point of Idle No More?

Restless natives.

Organizers say national movement is about protecting all Canadians, not just First Nations



BERNICE PONTANILLA
Metro in Winnipeg

While the Idle No More protests gain steam around the world, many Canadians still don't know what it's all about.

Dave Sauer, president of the Winnipeg Labour Council, said the issues being raised by the Idle No More protests, specifically the federal government's Bill C-45, affect Canadians of all backgrounds and should therefore interest them.

"As a trade unionist, we live and die by our ... agreements," Sauer said. "The treaties that we've made with the First Nations of this country ... right now it's pretty obvious that those are not being followed through on. One end is not honouring the agreement."

Sauer said many of the non-aboriginal people at the Idle No More events share the concern that the Canadian government, led by Prime Minister Stephen

What they want

The organizers of Idle No More mostly want meaningful dialogue between politicians and First Nations.

- They say the Conservative government's removing environmental protection of the vast majority of Canada's waterways is a violation of First Nations' treaty rights.
- Organizers also hope the Idle No More protests will spur Canadians to become more educated about treaty rights and that they will galvanize youth of all races to action.

Harper, isn't talking with Canadians and is changing the country through large omnibus bills that don't get enough debate before being passed into law.

"That's a bridge that's starting to be built between First Nations and non-First Nations activism," Sauer said, adding the Canadian Labour Congress has endorsed Idle No More.

"If you look at the changes

to the Navigable Waters Act, we have a lot of river systems now, especially in Manitoba, that are no longer protected, that I know a lot of non-First Nations people use, whether it's for

transportation or recreation."

Wab Kinew, director of indigenous inclusion at the University of Winnipeg, wrote an article for the Huffington Post on the Idle No More move-

ment when it started gathering steam in December.

"When aboriginal people do well, all of Canada does well," Kinew said, adding he hopes Idle No More also becomes an

awakening for young people of all backgrounds and political stripes to get educated on and engaged with "the policies and the programs that are going to determine their futures."



A flag-carrying Idle No More protester watches as police divert traffic around a blockade set up in Winnipeg on Wednesday. The demonstration lasted three hours and forced traffic on the Trans-Canada Highway to be rerouted around the Perimeter Highway. SHANE GIBSON/METRO IN WINNIPEG

Psychic, Mystics & Seers Fair

January 4, 5, 6

FRI 4pm -10pm

SAT 11am -10pm

SUN 11am - 5pm

WIN!
Door Prizes



ADMISSION:

Adults \$8

Children under 12 - FREE
(accompanied by parent)

TRAVELODGE HOTEL

1376 Carling Avenue • 613-722-7600

New Year's Eve babies

Twins give birth to sons 2 hours apart

Aiden Lee Alan Dilts and Donavyn Scott Bratten didn't wait until New Year's Day to come screaming into the world, but the circumstances of their births are still pretty special: The babies were born about two hours apart to Ohio mothers who are identical twins.

The Akron Beacon Journal reports that 19-year-old mothers Aimee and Ashlee Nelson both gave birth Monday even though their due dates were about a week apart. **THE ASSOCIATED PRESS**

Calgary

Hundreds affected by fuel mixup

Hundreds have been forced to park their vehicles after a mixup between regular gas and diesel fuel at a Calgary gas station.

Co-op spokesperson Karen Allan said that on Dec. 26 its fuel supplier mistakenly filled the regular gas-storage tank at a south Calgary gas bar with diesel fuel. It wasn't until some 500 vehicles had been fuelled that a customer brought the problem to the station's attention.

KATIE TURNER/METRO IN CALGARY

Fatal encounter

No pit-bull ban in Calgary, despite death of dog

Calgary has no plans to ban or otherwise restrict pit bulls after three of the dogs were involved in a fatal encounter in a city dog park.

A Pomeranian died in the incident on Monday, while a Great Pyrenees was injured after both off-leash animals approached a man walking three pit bulls on leash. City officials seized the pit bulls, which are due to undergo behaviour tests.

ROBSON FLETCHER/METRO IN CALGARY



ONLINE / IN CLASS FRENCH AND SPANISH LANGUAGE TRAINING FOR ONTARIO RESIDENTS ONLY

Levels: 1 to 8 (FRENCH)

***Levels: 1, 2 and 4 (SPANISH)**

Date: Monday January 7 to April 2, 2013

Time: 6 pm to 9 pm

Ongoing registration: 181 Donald Street, Ottawa

Duration: 10 weeks (30 hours in class plus 30 hours online)

Cost: \$35.00

*For more information please call: 613-741-2304 ext. 3

www.educationpermanente.ca



Congress to vote Friday on Superstorm Sandy aid

Rebuilding stage. Money from House votes could result in a roughly \$60-billion relief package

The leader of the U.S. House agreed Wednesday to a vote this week on aid for Superstorm Sandy recovery, changing course after coming under intense pressure from angry fellow Republicans.

House Speaker John Boehner will schedule a vote Friday for \$9 billion for the national flood-insurance program and another on Jan. 15 for a remaining \$51 billion in the package, Republican Rep. Peter King of New York said after emerging from a meeting with Boehner and Republican lawmakers from New York and New Jersey. The votes will be taken by the new Congress that will be sworn in Thursday.

Boehner's decision Tuesday night to cancel an expected vote on the storm aid before Congress ends its current session had provoked a firestorm

On the table

The House Appropriations Committee has drafted a smaller, \$27-billion measure for immediate recovery needs and a second amendment for \$33 billion to meet longer-term needs.

- The \$9 billion in flood insurance money to be voted was originally in the \$27-billion measure.
- The votes on Jan. 15 will be for \$18 billion in immediate assistance and \$33 billion for longer-term projects, including protection against future storms.

of criticism from New York, New Jersey and adjacent states, including many lawmakers in his own party.

According to King, Boehner explained that after the contentious vote this week to avoid major tax increases and spending cuts called the "fiscal cliff," Boehner didn't think it was the right time to sched-



Chris Christie speaks at a news conference at New Jersey's State House on Wednesday. Christie blasted fellow Republican John Boehner for the House Speaker's decision Tuesday to delay a vote on Superstorm Sandy relief, saying the inaction is "inexcusable." NEW JERSEY GOVERNOR'S OFFICE/THE ASSOCIATED PRESS

ule the vote before the current Congress went out of business.

King left the session with Boehner without the anger that led him to lash out at the speaker Tuesday night.

"What's done is done. The end result will be New York, New Jersey and Connecticut will receive the funding they deserve. We made our position

clear last night. That's in the past," King said.

Sandy was blamed for at least 120 deaths and battered coastline areas from North Carolina to Maine in October. New York, New Jersey and Connecticut were the hardest-hit states and suffered high winds, flooding and storm surges.

THE ASSOCIATED PRESS

Court . Sperm donor fighting child-support demand by Kansas

A sperm donor in the U.S. is fighting an effort to force him to pay child support for a child conceived through artificial insemination by a lesbian couple.

When 46-year-old William Marotta donated sperm to Angela Bauer and Jennifer Schreiner in 2009, Marotta relinquished all parental rights, including financial responsibility to the child. When

Bauer and Schreiner filed for state assistance in Kansas this year, the state demanded the donor's name so it could collect child support for the now three-year-old girl.

The state contends the agreement between Marotta and the women is not valid because Kansas law requires a licensed physician to perform artificial insemination.

THE ASSOCIATED PRESS

Movie-theatre shooting. Families of victims reject invitation to reopening

Relatives of the majority of people killed in a Colorado movie theatre rejected an invitation on Wednesday to attend its reopening this month, calling it a "disgusting offer" that came at a terrible time — right after the first Christmas without their loved ones.

The parents, grandparents, cousins and widow of nine of the 12 people killed said

they were asked to attend an "evening of remembrance" followed by a movie when the Aurora theatre reopens on Jan. 17. They released a letter sent to the theatre's owner, Cinemark, in which they criticized the Texas-based company for not previously reaching out to them to offer condolences and refusing to meet with them without lawyers. THE ASSOCIATED PRESS

-50% OFF-

OUR BEST VALUE PLAN

Get Unlimited Value for only \$22.50

HELD OVER FOR A LIMITED TIME

\$22.50
WAS \$45

Unlimited Value Plan includes:

- Unlimited Data,
- North American Talk,
- Global Text,
- Call Features and more.

mobilicity.ca

Now that's smart.

Taxes are extra. Offer valid for new activations only and for a limited time. Receive 50% off \$45 regular rate plans for 12 months while customer is on automatic monthly payments (preauthorized credit/debit payment). Restrictions may apply on combining offers with other offers or promotions. Additional terms and conditions apply. Subject to change without notice. © 2013 Mobilicity. 'Mobilicity', 'Now that's smart', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

Mobilicity Stores

Kanata
Hazeldean Mall

Nepean
Bayshore Shopping Centre

1595 Merivale Rd,
Unit 6
Carlingwood
Shopping Centre
Lincoln Fields Mall

Ottawa
168 Rideau St
173 Montreal St
246 Bank St.

Authorized Dealers

Cellular X Zone:
Billings Bridge
Shopping Centre

Bullo Wireless:
1414 Walkley Rd
IGO Cyber House Inc:
223 Bank St

FTA Tronix:
1807 Carling Ave

City Mobile:
TNT Supermarket 224
Hunt Club Rd, Unit B

Rocknet Telecom Inc.
967 St. Laurent Blvd,
Unit 3

Time to empty the piggy bank. Penny collection starts Feb. 4

Jim Flaherty is setting his sights on your pennies. The federal finance minister is reminding Canadians that starting Feb. 4, the Royal Canadian Mint will stop distributing pennies and instead start collecting them from banks and other financial institutions.

Flaherty says he'll take every advantage over the next month to remind Canadians that the supply of pennies will start to diminish as a result.

In his March budget, Flaherty unexpectedly announced the demise of the one-cent piece, saying pennies cost too much to manufacture and are a nuisance to many Canadians.

After Feb. 4, cash transactions will have to be rounded to the nearest five-cent increment, but electronic trans-

Costly coinage

- The last pennies minted on May 4 in Winnipeg cost about 1.6 cents each to manufacture.
- Even though Finance Canada faces a one-time net cost of \$38 million to retire the penny, the long-term savings to government and to the economy will be substantial.

actions will still be calculated down to the individual cent.

A cabinet order last month gave Flaherty the authority to pay financial institutions for the mountains of pennies they'll begin to return to the mint. **THE CANADIAN PRESS**

Chump change: Are nickels next on chopping block?

Coins we don't love anymore. Some say five-cent piece is also becoming obsolete, and should follow penny into the sunset

As the penny is set to begin retirement next month, there are already calls to put the nickel out to pasture as well.

The Royal Canadian Mint starts collecting one-cent coins on Feb. 4 for melting and recycling of the metal content, with some six billion pennies expected to be surrendered by Canadians over the next six years.

Finance Minister Jim Flaherty announced the surprise demise in last year's budget, saying the penny had become a nuisance.

And a former Bank of Canada economist says the nickel is also becoming obsolete, and should be next in line for retirement.

"We see less and less people now ... digging in their wallets for nickels," Jean-Pierre Aubry



The federal government is retiring the penny, and some think the nickel should be next in line. **THE CANADIAN PRESS FILE**

said in an interview.

A retired 30-year veteran of the Bank of Canada, Aubry has been a leading proponent of withdrawing the one-cent piece from circulation.

In papers and presentations for Desjardins Group over the last few years, Aubry used economic models to show that

the penny should actually have been killed in about 1982.

That was a tipping point, as more Canadians hoarded the coins and the Royal Canadian Mint was pressed to churn out billions more to keep retailers stocked, costing the government up to \$11 million annually.

Aubry argues the nickel will soon hit the same tipping point the penny did in 1982, as Canadians hoard them in greater numbers, forcing the mint to distribute up to 350 million each year to meet retail demand. "It's a sign that the coin is not well used," he said.

THE CANADIAN PRESS

Market Minute



DOLLAR
101.50¢
(+0.99¢)



TSX
12,540.77 (+107.24)



OIL
\$93.12 US (+\$1.30)



GOLD
\$1,688.80 US (+\$13)

Natural gas: \$3.23 US (-12¢)
Dow Jones: 13,412.55 (+308.41)

CAREER TRAINING WORTH MANY SMILES!

**DENTAL
OFFICE AND
CHAIRSIDE
ASSISTANT**

Call Now for More Information!
1-866-769-6041
www.EverestCanHelp.ca

Everest
COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

OTTAWA EAST • OTTAWA WEST
16 Convenient Locations in Ontario
Providing Quality Education in Ontario for More Than 40 Years

Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Programs and schedules vary by campus.

WestJet's New Year's sale. Two ways to save.

Save on flights within Canada.

Save on packages to sun destinations.

Book by: January 8, 2013*
Travel until: April 27, 2013
Blackout dates from: March 25 to April 10, 2013

How to get this deal: For flights within Canada, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For packages to sun destinations (U.S., Mexico and Caribbean), travel on any day of the week where WestJet offers scheduled service.

Don't forget, WestJet Rewards members earn WestJet dollars® on sale fares, too.**

Book your flights or vacation package at westjet.com.

WESTJET
vacations

WESTJET

*Seasonal start and end dates apply. Book by January 8, 2013 (11:59 p.m. MT) for travel until April 27, 2013. Blackout dates from March 25 to April 10, 2013. For flights within Canada, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For packages to sun destinations (U.S., Mexico and Caribbean), travel on any day of the week where WestJet offers scheduled service. Fares on other days may be higher. Flights may not operate on certain days. Seat sale fares for flights within Canada are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code-share, interline or other airline partners. Sale on packages to sun destinations (U.S., Mexico and Caribbean) varies by destination and travel date. For flights, fuel surcharge between \$22-\$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between \$44-\$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. Other restrictions may apply. See westjet.com for full seat sale details. **Registered trademarks of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd. WestJet dollars are earned on the base fare only. Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.

LEAVING HIS SINGLE-DUDE WAYS IN THE DUST



HE SAYS...
John Mazerolle
metronews.ca/voices/
he-says

Year after year I make tough New Year's resolutions in an attempt to mend my bachelor ways, such as resolving to regularly dust the TV with a cloth, rather than running my hand

over the screen every six months and exclaiming, "Wow, that's dusty!"

Well, I'm happy to say that in the past year I've finally made some progress. I no longer own a television.

In your face, dust. Cough, cough.

And, in the kitchen, a friend of mine brought me 12 basic spices this year. I must say, they really spruce up the window-sill.

Many of my other single-dude problems remain, however. I just don't have the right attitude.

Share and share alike

I consider a keyboard sticky with the previous user's Snickers bar a tasty value-add, similar to a mint on your pillow.

previous user's Snickers bar a tasty value-add, similar to a mint on your pillow.

This failure as a human being is unfortunate from a life perspective but very fortunate from a column perspective because it leads to:

John's 2013 Bachelorhood Resolutions

- I resolve to clean the four breakfast bowls I have, rather than using increasingly less appropriate stand-ins such as Tupperware, popcorn bowls, flower pots and the mop bucket.
- I will clean these dishes before Corn Flakes have become irremovable fossils that will be of interest to top Corn Flake scientists seven centuries from now.
- I resolve to cook a meal that is not bacon, eggs and toast. (Making bacon and toast, eggs and toast, or bacon and eggs is partial credit only.)
- I resolve to accept that re-soaking the dishes repeatedly will not get them clean, that rotating the pillows only works once, and that not using the coffee machine for a while is not the same as cleaning the coffee machine.
- I resolve to invite people over so that I have to clean, but I'm still not scrubbing behind the toilet unless it's, at minimum, the Queen.
- I resolve to learn how to do things on my own rather than calling my parents with cryptic questions like, "Say there was a grease fire right now, would pouring baking soda on it help? Because I don't have any, hypothetically."
- I resolve to do these things soon enough that they can be considered New Year's resolutions and not some last-ditch bucket list. Because the bucket has corn flakes in it.



Royal resolve: tackling a job even a prince like William can handle.

GETTY IMAGES FILE

From police box to mail box



ROYAL MAIL/THE ASSOCIATED PRESS

Two worlds collide

Sci-fi classic gets stamp series

This image, released by Britain's Royal Mail on Wednesday, shows a postage stamp with an image of the present Doctor, Matt Smith. The Doctor — who usually uses a police box for travel — will be zooming through time and space on the edge of letters in 2013.

The stamps honouring the cult British television program will be available starting at the end of March. **THE ASSOCIATED PRESS**

Doctor Who celebrated

50

The Royal Mail is marking the 50th anniversary of the science-fiction show Doctor Who with a series of stamps featuring each of the 11 actors who have played the title role. Those featured include the present doctor, Matt Smith, as well as past Time Lords such as David Tennant and Christopher Eccleston. The stamp featuring the first Doctor, William Hartnell, is shown below.



Time Lord's friends and foes go postal, too



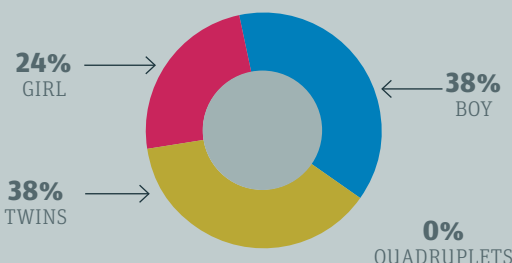
GETTY IMAGES FILE

The series will also include a miniature sheet that brings together Second Class stamps featuring four of the show's iconic creatures — a Dalek (shown above), an Ood, a Weeping Angel and a Cyberman. **THE ASSOCIATED PRESS**



Register at metropolitanpanel.ca and take the quick poll

What's your royal baby prediction?



Twitter

@matt_ottawa_26: Brrrr! It's freezing this AM! Bundle up, it feels like -23 out. #Ottawa #ottweather

@crstaffa: "-20? No thanks, im going back to bed." — wished everyone in Ottawa.

@arcticlass: Current temp. at the S.Pole is around -22degC. Tonight, in Ottawa, it will be -23degC without the windchill. Nippy!

@BrianMFoster: Though, sorry to say Ottawa ppl, this is still warmer than a normal Ottawa winter day.

@cassiebertram: Why Ottawa, why? #freezing-mybuttoff

@joceemadden: Wanna know what it feels like when your face burns off? Step outside #Ottawa #northpole



President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbin • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfootata@metronews.ca • **Distribution:** bernie.horton@metronews.ca • **News tips:** ottawa@metronews.ca • **Letters to the Editor:** ottawalatters@metronews.ca



The Ottawa Remote Control Club members gather at Drummond Field at 4550 Cambrian Rd. CONTRIBUTED/ORCC

Remote control club a place for big boys and their toys

Child's play? Think flying model aircraft is a juvenile past time? Not so — Ottawa group brings air of seriousness to pursuit



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

Flying remote-controlled aircraft may seem like just an-

other hobby to some but, to others, it's a serious, social and time-consuming pursuit.

The Ottawa Remote Control Club (ORCC), one of roughly a dozen local clubs, is made up of about 150 local model enthusiasts who fly everything from model jets to gliders and helicopters.

"It's a lifetime hobby. Everyone has to have a hobby — some knit, some read books — we fly. It's toys for big boys," says the club's vice-president Shahram Ghorashi.

But the 20-year club veteran adds there is a serious side. There are dozens of rules and

regulations, most of them focused on safety.

"The reality is it is dangerous. The more you know, the safer you are," says Ghorashi.

If you want to fly model planes with an RC club, not only do you have to be a member, but you are also required to have insurance through the Model Aeronautics Association of Canada (MAAC).

"You have to be certified to fly. When you become a part of this club, we teach all of our new members how to fly and be safe. They have to pass an exam, they get their wings and then they can fly anytime they

want," Ghorashi explains.

ORRC members participate in monthly meetings, public demos and numerous social events, and even gather to fly their model aircraft throughout the cold winter months.

"Half the fun is gathering with friends, the other half is flying and having a common interest," Ghorashi says.

To get started, he recommends you check out a club meeting or training night so you can see what it's all about and network with other ORRC members who can give you advice about

If you go ...

The Ottawa Remote Control Club meets on the first Tuesday of every month at 7 p.m. at the McNabb Community Centre (180 Percy St.). For more info, visit ottawarcclub.ca

what kind of plane and radio you should get.

"To get into it, the hobby starts around \$400 to \$500. It's not that expensive to start — then you get sucked into it," Ghorashi says with a laugh.

ROYAL WOOD

JANUARY 12 • TICKETS \$29+

nac presents
NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

nac-cna.ca/presents

HOTEL PARTNER
HOTEL INDIGO OTTAWA

ticketmaster.ca
1-888-991-2787 (ARTS)

Canadian country music. Dean Brody expects fun on first headlining tour



Dean Brody has been living the life since his success at the Canadian Country Music Association Awards. HANDOUT

It's a good thing Dean Brody has scheduled the dates for his first national headlining tour, because the country music star is all over the map — literally.

The British Columbia native, who now lives in Nova Scotia, records in Nashville and helps rescue girls from sexual exploitation in Brazil will perform in 24 Canadian cities in January and February. Brody will start kicking up his heels in Victoria and end with a tip of his cowboy hat in Halifax.

Brody, who was named male artist of the year and won album of the year for his record *Dirt* at the Canadian Country Music Association Awards in September, admits to being a little nervous.

"It's definitely going to be a challenge, but I'm looking forward to it," Brody said in an interview.

"I just want to give a good show. You know people that come out, they might not necessarily just want to hear just how the record sounds. We want to do some elements in the show that you wouldn't expect."

Brody said, for example, part of the show will be done acoustically.

"It's really cool. We had a rehearsal about a month ago preparing for the tour and we did this one segment where we're kind of around a campfire, we've got this big moon in the background and the sound of the crickets and stuff," he said.

"Boy, it was a lot of fun. It's going to be the most fun part of the show."

While it is officially the *Dirt* tour, Brody said fans will hear from all three of his albums. That includes the hit single *Canadian Girls*. Brody has his own favourites too.

"I love playing *Wildflower*," Brody said, referring to the single from his second record *Trail in Life*.

"I'm not sure why, but it always comes at a part in the show where you know we've

Learning to headline

"It's definitely going to be a challenge, but I'm looking forward to it."

Dean Brody
Talking about being the headliner on tour for the first time

rocked it out for three or four songs and then we pull it back and do *Wildflower*. To me, it's a point in the show to take a breath and just really fall into that song and I love it."

It wasn't clear if Brody would ever get to this point.

He moved to Nashville to be a songwriter and was encouraged to start recording his songs. But things didn't work out with his U.S. record label. Brody asked to be let out of his contract in 2009 because he said he was asked to make a compromise he wasn't willing to make. He moved his family back to Canada.

"I'm just glad it worked out because sometimes you do things out of principle and they don't always work out for the best financially. As far as your character goes, it's good to stand up to things you don't believe in," he said.

"But I really thought, 'Man, this is it. I'm going to be working in a coal mine. This isn't going to work out.'"

"But I got lucky. Open Road Records took me on in Canada and ... we have a mutual respect for each other. It's great to be respected by your record label and have the freedom, the creative freedom, to be able to do what I do."

As a solo songwriter, Brody knows the pressure is on.

"You kind of put yourself out there. Like you write something and because you didn't write with anybody else, it's almost like being naked in front of a crowd," he laughed.

THE CANADIAN PRESS

Walking the line of super and natural

Sci-Fi television. Kris Holden-Ried speaks to Metro about working on Showcase's *Lost Girl* and the physical challenges it presents as an actor

STEPHEN ERAMO
scene@metronews.ca

Having a "wolf in the fold" is usually considered a bad thing, but if that wolf happens to be *Lost Girl*'s Dyson, then you are in luck. Handsome, intelligent and brimming with animal magnetism — no pun intended — he is a member of the supernatural Fae community and works as a police homicide detective to help keep the peace amongst humans as well as the Fae.

For actor Kris Holden-Ried, who plays Dyson on the popular Showcase TV series, teetering between both worlds is a constant but welcome acting exercise.

"The physical challenges with Dyson are, one, he's a

shape-shifter, so he has to have animalism, and two, he's of indiscriminate age, so we're playing him as 1,000 or so years old," notes Holden-Ried during a break on *Lost Girl*'s Toronto set. "The trick is to then mix and match that with creating a grounded and believable character."

Dyson's unofficial crime-busting ally (and romantic interest) is *Lost Girl*'s heroine and fellow Fae, Bo (Anna Silk), a beautiful Succubus able to suck the life out of you.

"In season one, Bo and Dyson shared a great deal of passion, but he also knew some of Bo's secrets," says Holden-Ried.

"While that put him at an advantage, it also stopped him from fully committing to her. Dyson ultimately fell in love with Bo, but couldn't show it, which was fun to play."

"At the end of season one, Dyson's love for Bo was ripped from his soul. That turned into a whole other journey for him in season two, where the constant emptiness he felt almost drove him crazy."

Far from Lost

Lost Girl premieres Jan. 6 on Showcase

- **Upcoming.** While the actor cannot reveal what awaits *Lost Girl* fans in the show's

upcoming third season, it is obvious just by watching Holden-Ried at work that his enthusiasm for the series and playing Dyson has not waned in the least.



Kris Holden-Ried stars in *Lost Girl* on Showcase. HANDOUT

YOU COULD WIN
A PASS FOR TWO TO A SPECIAL ADVANCE
SCREENING OF *THE IMPOSSIBLE*

IN SELECT CITIES JANUARY 11
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrootawa

VISIT clubmetro.com TO ENTER

YOU COULD WIN
A RUN OF ENGAGEMENT PASS FOR TWO TO SEE
TEXAS CHAINSAW 3D

IN THEATRES JANUARY 4TH
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrootawa

VISIT clubmetro.com TO ENTER

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A year in music: Top 5 chart toppers of 2012

Music. From Gangnam Style to Call Me Maybe, Metro looks back at some of the year's biggest hits

Top 5 albums/singles

- 1 Frank Ocean's *Channel Orange*
- 2 TIE: Father John Misty's *Fear Fun* and PSY's *Gangnam Style*
- 3 Carly Rae Jepsen's *Call Me Maybe*
- 4 Gotye's *Somebody That I Used to Know*
- 5 TIE: Rihanna's *Diamonds* and Ke\$ha's *Warrior*

How did we all leave *We Are Young* by Fun. off this list? Is it because we're all too old to sing that song out loud? Or is it that the opening of the song is just too schlocky to make it all worth the amazing chorus? Seriously, if that song was the chorus alone, it would be the song of the year. To tell you the truth, it probably still will be anyway. Also, here's where I'm a little bit of a jerk: That Gotye song officially started getting airplay last year. **PAT HEALY**

Somebody That I Used to Know stays on the list because it made me think there was this really great Police song from the '80s recently discovered and newly released. I think I just proved your old fogies theory. **AMBER RAY**

Maybe this supports the argument that I'm already an old fogey, but I had to look up the Rihanna and Ke\$ha songs be-



Father John Misty made 2012's Top 5 with *Fear Fun*. CONTRIBUTED/MAXIMILLA LUKACS

cause I hadn't heard them before. Ke\$ha has finally been the first to inspire me to call something "devil music" in an unflattering way. **HEIDI PATALANO**

Another bit of food for thought: Would *Gangnam Style* make the list if there weren't a video? People probably posed the same question about Duran Duran in 1982, and it's strange how this bit of devil's advocacy is still relevant in 2012. But seriously, in an age where music videos aren't shown on regular TV anymore, it is interesting that a video made such a huge cultural and musical splash. **PAT HEALY**

I think it would have — hell,

I still haven't even seen the *Gangnam Style* video, but I somehow know the dance. I personally enjoyed Britney trying her hand (at) it while appearing on *Ellen*, but why was she dressed like a flight attendant for that episode? **MEREDITH ENG**

I think a prerequisite for best song of the year means we can sing along with it. Oh man, I'm such a xenophobe. **DOROTHY ROBINSON**

What about Kanye this year? Did anybody vote for *Cruel Summer*? **PAT HEALY**

I say this every single year, and I hate change so I'll say it again: I have never heard anything by Kanye West that

I didn't want to turn off immediately. Who's old and grumpy? This girl — this girl right here. **MONICA WEYMOUTH**

Oh man, Monica, give *Mercy* a chance! There's so much going on in this track. I love how it flawlessly switches between winding dancehall to some gritty southern rap all while maintaining a cool, dark undertone and then suddenly taking a left turn to an electronic dance party. Yup, you have to bring ALL your moves to the floor. Adding to the awesomeness is the all-black ninja-Bedouin looks everyone sports in the stylized video. It's totally one of those fashion moments I can see being referenced years from now. **TINA CHADHA**



Carly Rae Jepsen. GETTY IMAGES

Editor's picks

Music editor Pat Healy's Top 5

1. Father John Misty's *Fear Fun*
2. Michael Kiwanuka's *Home Again*
3. Big Boi's *Vicious Lies and Dangerous Rumors*
4. Frank Ocean's *Channel Orange*
5. TIE: Bruce Springsteen's *Wrecking Ball* and The Walkmen's *Heaven*

This was a weird year for music. For the first time, I feel like there was actually too much to listen to. Look at the top lists of any major publication and there are very few similarities.

I, for one, am surprised more outlets aren't praising the stellar songcraft of Father John Misty and Michael Kiwanuka. Neither are reinventing the wheel. In fact, both seem very much rooted in sounds of the '60s and '70s.

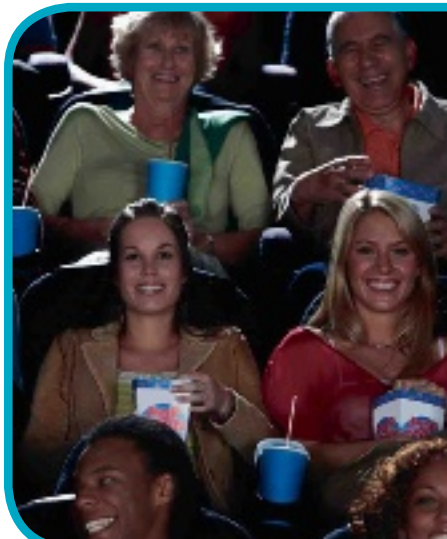
But as for my next two

entries, Big Boi and Frank Ocean, I think both are really doing great things to push their genres forward.

Big Boi took a brave tact on this most recent album, which also didn't make many lists (presumably due to its December release date). Instead of just a few indie collaborations here and there, like he has done in the past, almost every track is a collaboration with either Phantogram or Little Dragon. The results are completely original.

Frank Ocean's results are completely original too. It really is like he is on the forefront of bringing a much-needed update to R&B. The new school, which includes Miguel and The Weeknd, never knew a world where hip-hop didn't exist and that has formed their worldview in such a unique way that the old soulsters didn't have.

And in fifth place, maybe it's just loyalty, but two of my favourite acts released albums that weren't my favourites they've ever released, but I still enjoy them.



IT'S SHOWTIME!
SATURDAY, JANUARY 5 & SUNDAY, JANUARY 6
2 FREE MOVIE TICKETS!
SPEND \$75 OR MORE* AND RECEIVE 2 FREE CINEPLEX ADMIT ONES.

Visit shoppersdrugmart.ca or the store nearest you for details.

*Some conditions may apply. See cashier for details.

Offer valid Saturday, January 5 and Sunday, January 6, 2013.

UP TO
\$25
VALUE



SHOPPERS DRUG MART



2012's memorable moments à la mode

Beauty and the buzz. From a dress double-up to a cropped-coiffe craze, here are some of the most talked-about style stories of 2012

Michelle Obama and Ann Romney's matching hues. The wives of the presidential candidates turned out to the second debate between Barack Obama and Mitt Romney in practically the same shade of hot pink. But they weren't by the same designer: Romney's was by Oscar de la Renta, and Obama's by Michael Kors. A potential matching prom dress-style embarrassment was chalked up to timing: October's breast cancer awareness month.

Marc Jacobs' Louis Vuitton show Many of the designer runways seemed more of the same — stark stages, thumping music and audiences distracted by their electronic gadgets — but the Louis Vuitton fall catwalk in Paris commanded attention. Models dressed in their very best travelling clothes stepped off a reconstructed retro steam train. Valets carried the vintage-inspired hat boxes and vanity cases. The trip seemed refreshingly refined and modern.

Two-tone Stella McCartney dresses McCartney, no stranger to the red carpet, has created a style that celebrities can't get enough of. Her ultra-flat-terring "silhouette" dress has become almost ubiquitous.



The Olympics saw some of the most famous faces in fashion strutting to a David Bowie soundtrack. GETTY IMAGES

It features one colour on the bodice and back, and a graphic opposite on the sides and sleeves. Kate Winslet has worn several versions, and Brooklyn Decker, Kate Moss, Edie Falco and Liv Tyler have, too. The best turn might have been Jane Fonda at the Cannes Film Festival.

Beyoncé's back-from-baby body Some new mothers claim they feel sexier than ever. Beyoncé was living proof at the Met Gala, the important industry event co-hosted by Vogue's Anna Wintour. Beyoncé's skin-tight, largely sheer — save the bodice

beading and feathered fish-tail train — gown by Givenchy announced that Ivy Blue Carter's mom wasn't going to hold back. An honourable mention goes to Jessica Simpson, who dieted her way to a Weight Watchers ad, then wound up pregnant again.

Supermodel reunion at the London Olympics. Gold was the new black at the closing ceremony with a parade of supermodels wearing gilded gowns in a tribute to British fashion. Kate Moss and Naomi Campbell both had on Alexander McQueen, Georgia May Jagger's was

by Victoria Beckham, Karen Elson was in Burberry, and Stella Tennant donned a Christopher Kane Swarovski-crystal catsuit.

Miley Cyrus' cropped cut When Cyrus cut off the long hair her fans had become used to, she took some heat. She has said (and tweeted) repeatedly, though, that she was pleased with the new punk-pixie look and was sticking with it. Short hair turned out to be a big trend, with Alicia Keys, Rihanna and Anne Hathaway all ending the year with much shorter locks than they started with. THE ASSOCIATED PRESS

Front-page fashion

Moore at the Emmys

Julianne Moore's neon-yellow Dior Haute Couture outfit (really a sweater and ball skirt) spawned a love-it-or-hate-it debate among armchair style critics. What was largely left out of that conversation, however, was that it was Raf Simons' big celebrity debut for Dior.



007's slim suits

Daniel Craig's wardrobe in Skyfall is impeccably tailored — and quite tight. Unlike the James Bonds that came before him, Craig, whose wardrobe is created mostly by Tom Ford, takes his suits Euro-style with tapered legs and shorter rises.



Angelina Jolie at the Oscars

The leg that peeked out of the high thigh-high slit of her Versace gown was the most exciting appearance on the red carpet. It was Jolie's picture-perfect pose to expose just enough thigh that launched a thousand memes.



The Kit

Canadian street style

Spotted in: Ottawa

Fiona
Student and sales associate at AMH Style

Age: 19

What she's wearing Tory Birch boots, Hudson jeans, Banana Republic button-up, Banana Republic jacket, Ferragamo bag.

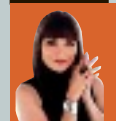
Her inspiration "I would definitely have to go with Leighton Meester, I think her style is both classic and elegant."

THE KIT PHOTOBLOGGER:
KATARINA KURUC, WWW.LOVEK.ORG

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWS-LETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!



Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: What resolution have you made for 2013 that you'd feel least guilty about not keeping?

@itsRyanHilton: spending 30\$ a day at Starbucks

health is our greatest treasure.

@Jeanne_Beker: Yikes! Sounds expensive!

@Miss_VMorton: to never repeat an outfit, because, well, you can't not sometimes!

@tamdelidlam: Quit smoking

@Jeanne_Beker: Very ambitious! I say: Wear the same outfits...with different attitudes!

@Jeanne_Beker: Oh please--do try to keep that resolution! Our

3
THE

Lots of green beans and black beans and chickpeas — oh my!



ROSE REISMAN
for more, visit
rosereisman.com

This salad has nutrition galore and makes a great side salad or buffet dish. Often I'll add some grilled chicken or fish and make it a main meal. Cut the avocado just before serving, or add some lemon juice to it to prevent discolouration.

1. Steam the green beans just until bright green and still crisp, about 3 minutes. Place immediately under cold water and rinse until the beans are no longer warm. Place in a serving bowl.

2. Spray small non-stick skillet with cooking oil and place over medium heat. Sauté corn, stirring frequently, until browned, approximately 8 minutes. Add to the serving bowl, along with the black beans, chickpeas, bell pepper, onion and avocado.

3. Whisk the zest, juice, oil, garlic, ginger, jalapeño, salt

Ingredients

- 8 oz green beans
- 1 cup drained canned corn kernels
- 1 cup canned black beans, drained and rinsed
- 1 cup canned chickpeas, drained and rinsed
- 3/4 cup diced red bell pepper
- 1/2 cup diced red onion
- 1/2 cup diced ripe avocado
- Dressing**
- 1 1/2 tsp lime or lemon zest
- 3 tbsp freshly squeezed lime or lemon juice
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 1 tsp minced fresh ginger
- 1 tsp minced jalapeño
- Pinch salt and black pepper
- 1/3 cup chopped fresh cilantro, basil or parsley

and pepper together in a small bowl.

4. Pour the dressing over the salad and toss to mix well. Garnish with the cilantro. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

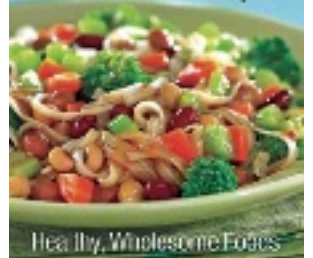
Three-Bean Avocado and Charred Corn Salad with Lime Dressing



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Cookbook of the Week

**250 best
beans, lentils
& tofu
recipes**



Spotlight on beans

Knowing that beans, lentils and tofu are good for you is one thing, but cooking with them is another. *250 Best Beans, Lentils & Tofu Recipes*, compiled by author and editor Judith Finlayson, offers varied and globally-influenced recipes.

Winter-friendly eats such as Curry-Fried Tofu Soup With Vegetables and Udon Noodles and Firehouse Chili Soup will warm you up. And even meat eaters can enjoy the book with hearty dishes like Quince-Laced Lamb Shanks With Yellow Split Peas and Baked Shrimp Enchiladas. **METRO**

Weather your cold.



We'll all feel better.

For the temporary relief of cough. Always read and follow the label.

Lighten it up with eggs

The beauty of poached eggs is their versatility. Depending on what you pair them with, they can be breakfast, lunch or even dinner.

So for this quick and easy weekday meal, serve them with a bed of arugula, a scoop of ricotta cheese — one of the most overlooked cheeses in the dairy case (it's good for more than just lasagna and stuffed shells!) — and a bit of buttered multigrain toast. It's simple. It's filling. And it could be breakfast, lunch or dinner.

Want it to be a bit more robust? Just about any cooked and cooled vegetables could be added to the arugula. Left-over roasted winter vegetables, such as butternut squash or carrots, would be great.

1. Divide the arugula between 4 serving bowls.

2. In a medium bowl, mix together the ricotta and lemon zest. Season with salt and black pepper. Divide between the serving bowls, spooning it

over the arugula. Set aside. Bring a large saucepan of water to a low simmer. Add the vinegar.

3. Crack each egg into a small heatproof glass. One at a time, gently and slowly pour each egg into the simmering water, bringing the lip of the glass right down to the water so that the egg slides in. Depending on the size of your pan, you may need to cook them in 2 batches.

4. Cook for 4 minutes, then use a slotted spoon to lift each egg out (letting excess water drip away). Nestle one egg into the ricotta in each serving bowl.

5. Season the eggs with salt and pepper, then drizzle with truffle oil and sprinkle with chives. Serve with the toast.

THE ASSOCIATED PRESS

Ingredients

- 4 cups arugula
- 2 cups ricotta cheese
- Zest of 1 lemon
- Kosher salt and ground black pepper, to taste
- 1 tbsp white or cider vinegar
- 4 large eggs
- Truffle oil
- Minced fresh chives
- 4 thick slices multigrain bread, toasted and buttered



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

SPECIAL INFORMATION FEATURE

Simply healthy

Lifestyle. SimplyRaw Express emphasizes fresh and flavourful taste experience

SAMANTHA EVERTS
For Metro

Raw food chef Natasha Kyssa is celebrated in the vegan raw movement and opened her restaurant SimplyRaw Express in Hintonburg this summer. (Raw means that nothing has been cooked at more than 104 F to preserve the optimal nutritional value).

Spying a delicious sounding Strawberry Fields smoothie on the specials blackboard, we were surprised at how much fruit was packed into the smoothie. Made with hemp, vanilla, and maple syrup, it could be a meal replacement.

Similar to New York City street stands, SimplyRaw Express has tons of fresh bottled juices, like Glow Juice with cilantro and pineapple, ready to grab from its main cooler.

We decided to skip familiar raw food like gazpacho and get adventurous in the casual setting. We selected the parsnip pesto "pasta" made from spiralled parsnip and lightly dusted dried basil. We would have enjoyed a more prominent flavour from the chopped

Whole, organic foods

- The plant-based menu food is made from whole, organic foods, and is gluten free.
- Mostly takeaway with a few tables inside for casual dining.
- Most entrees (except the few cooked) are pre-packaged and easy to grab from a small cooler.

cashews (as Parmesan). A dill-cashew spread was a great dipping sauce and very cheesy.

For those that think vegan needs to taste "healthy," turn to the dessert display case. We tried the chocolate mint macaroons that were full of yummy coconut and cocoa nibs, but were very firm and difficult to bite initially.

The standout surprise was the raspberry chia pudding that was deliciously tangy. The jelly, pearl-like chia had the texture of a rice pudding. It was topped with slivers of almonds and naturally sweet.

We enjoyed our meal, but raw food is not for everyone and the higher than expected bill reflected this on our dinner.

SimplyRaw Express is located at 989 Wellington St. W. For more information, see simplyrawexpress.com.



SimplyRaw Express is located at 989 Wellington St. W. For more, see simplyrawexpress.com. SAMANTHA EVERTS/FOR METRO

Warm up with these selections



SEASONAL SIPS
Allyson Bycraft
For Metro

To keep out the cold, why not look for a wine that comes from somewhere that's enjoying much warmer weather?

Summer is in full swing in South America and wineries are gearing up for the harvest in a month or two. Try a couple of wines made from the signature grapes of Chile and Argentina, respectively:

De Martino Legado Reserva Carmenere 2010 (\$16.95, LCBO #236059) comes from Chile's Maipo Valley. The Carmenere grape originated in the Bordeaux region of France, but Chile has made a specialty of it in recent years.

Alta Vista Premium Estate Malbec 2010 (\$14.95, LCBO #67743) comes from the quality wine production area of Mendoza in Argentina. Malbec is also a French transplant that has come into its own in South America.

Look for rich, red fruit as well as some spice and chocolate notes in both wines. Generous use of oak in both wines adds to the warmth factor, as does the 14 per cent-plus alcohol level. All kinds of roasted meats would be a nice match on a cold night with either wine. Both are available at Vintages Saturday.

ALLYSON BYCRAFT



大統華 T&T

Asian Food Made Easy

Come and join

our cooking demonstrations.

Learn Asian cuisine in a fun and easy way!

Visit our Customer Service Counter or call 613-731-8113 for information or registration

- ▶ Free food samples
- ▶ Easy-to-prepare recipes
- ▶ Where-to-find shopping list

www.tntsupermarket.com 9am - 9pm (Sat - Thurs)

224 Hunt Club Road, Ottawa, ON, K1V 1C1 613-731-8113 9am - 10pm (Friday)

Join us on Facebook Follow us on Twitter

Resolutions from a decorator



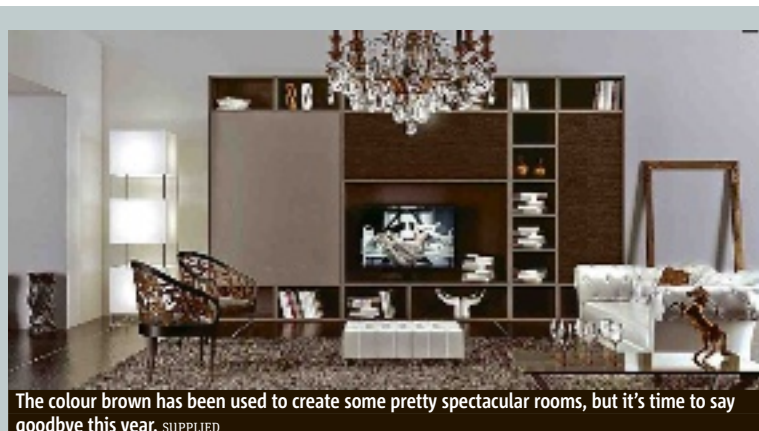
DESIGN CENTRE
Karl Lohmes
home@metronews.ca

Every new year the decorating magazines, newspaper columns and home decor television shows ramble off the predicted trends for the upcoming new year.

Although it's good to know what they are, it's also important to consider which ones can — and cannot — be implemented in our lives.

My resolution this year is not to bring a lot of new trends into my life, but to say goodbye to a few that don't hold longevity in my home.

Here are two of last year's trends that I fell prey to in 2011-2012 — ones that have had their way (and their day) with me.



The colour brown has been used to create some pretty spectacular rooms, but it's time to say goodbye this year. SUPPLIED

The colour brown

We've seen brown tones dominate home decor for the past 10 years, and although it wasn't a new trend last year, it just seemed to linger on much longer than other colour trends from the past.

From espresso wood tones to deep brown leather furnishings, it's a promise to myself to think twice before introducing any more of it to my room's decor scheme. There are certain decor items that will always need to be brown — wood flooring, cabinetry and book cases, but using it in upholstery, paint and wallpaper feels a bit overdone these days.

Replace those dark brown colours with rich, muted shades of grey, purple, teal and cinnamon.

The deconstructed factory look

Stripped metal furnishings, repurposed wood, worn carpets and industrial factory cart coffee tables have somewhat had their day.

There's always a casual decor scheme on tap and the industrial chic look is now overblown. Was it an attempt to decorate in a more casual manner without going back to country decorating? My new motto about this look: If it looked great in a factory setting, then don't bring it home anymore.

Search for fresher looks in the casual decor schemes — pastel colours, pale wicker, seagrass and off-white paint colours.



Industrial Chic: Used initially for a little shock value, industrial items have now become overblown in the home. SUPPLIED

Emerald named Pantone's colour of 2013

Emerald is the jewel in Pantone's crown of colours for 2013. The vibrant green hue was announced as its colour of the year.

Emerald is symbolic of growth, renewal and regeneration, said Leatrice Eiseman, executive director of the Pantone Color Institute, the research division of Pantone Inc., which creates colour standards for the fashion, beauty and home industries.

"That is what the stone im-

plies and has ... for many cultures. It celebrates new life, and that, we feel, is a good message because it speaks of optimism for the future," she said in a phone interview from Bainbridge Island, Wash.

The selection of the rich green hue — which Eiseman describes as a "well-balanced colour" — is a striking departure from Tangerine Tango, the reddish-orange shade that took Pantone's top colour honour for 2012.

Pantone's annual colour forecast of the hottest hue for the year ahead factors in a number of different influences, from graphic design and fashion to film and TV.

Eiseman said they also look at the consumer zeitgeist from an international perspective, and start

to seek out a colour symbolic of what people feel they need.

They are also on the lookout for a "building up of references" in the years leading up to the hue in question being named the top colour, she added.

With that checklist in tow, emerald — and its seemingly universal appeal among style arbiters and con-

sumers — appears to fit the bill.

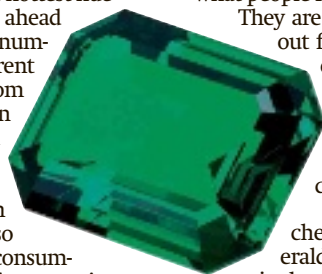
"We had to look for a specific green that was not one that we were seeing as much of, but as I said, was on the ascendancy," said Eiseman.

Indeed, the vibrant shade has been a fashionable favourite for some time, from the sleeved, sequined Versace number worn by Angelina Jolie at the 2011 Golden Globes to the sleek, silk Mulberry dress donned recently by the Duchess of Cambridge.

Eiseman said emerald is already being seen colouring kitchen appliances, and consumers can expect to see bedding and dishware among the array of items steeped in the shade in the months to come.

"Certainly in domestics and linens, table tops, glassware, ceramics (is) where emerald really shines," she said. "If you do emerald in glassware, it is just spectacular. It also takes on such beautiful colourations."

THE CANADIAN PRESS



BUY A NEW FURNACE OR AC AND MAKE NO PAYMENTS FOR A FULL YEAR!

ON ANY GOODMAN NATURAL-GAS FURNACE. LIMITED TIME OFFER

Enjoy a new level of warmth and efficiency
You will feel the comfort immediately!

New Hi-efficiency Furnace installed **\$32/Month**

Goodman Air Conditioning & Heating

Axis Heating and air conditioning
Since 1999, 1000's of systems installed!

END UTILITY BILL OVERPAYMENTS!

axisheating.com • 613-225-2040

CHECK OUR REVIEW ONLINE OR CALL US FOR LOCAL REFERENCES

Weather your cold.

HALLS

For the temporary relief of cough. Always read and follow the label.

We'll all feel better.

MLB

Rays, Price come to 1-year agreement

The Tampa Bay Rays and American League Cy Young Award winner David Price have agreed to a one-year deal for just over \$10 million and avoided arbitration.

Price, who earned \$4.35 million in 2012, agreed to the \$10.125-million deal Tuesday. The Rays announced it on Wednesday.

He became the franchise's first 20-game winner in 2012, going 20-5 with an AL-best 2.56 ERA and 205 strikeouts in 211 innings. Price narrowly beat out Detroit's Justin Verlander for the honour that annually goes to the league's top pitcher.

THE ASSOCIATED PRESS



David Price GETTY IMAGES FILE

NBA

Clippers owner's son found dead in Malibu

The son of Los Angeles Clippers owner Donald Sterling was found dead of an apparent drug overdose at his Malibu, Calif., home, authorities said Wednesday.

The body of Scott Ashley Sterling, 32, was found shortly after 11:30 p.m. Tuesday, Los Angeles County coroner's Lt. Larry Dietz said.

THE ASSOCIATED PRESS

'The Nuge' dispensing nuggets of NHL wisdom

World juniors.

Nugent-Hopkins a source of insight for Team Canada teammates with big-league aspirations

Regardless of what happens the rest of the way for Team Canada at the world junior hockey championship, most of the players on the team hope — one day — to make the NHL.

"It's in the back of your mind all the time," said forward Boone Jenner, a draft pick of the Columbus Blue Jackets. "It's the main goal. Since you're a little kid you want to play in the NHL. Every day you try to think about that and wonder how you're going to get better each day and keep going. It's the ultimate goal.

"And hopefully some day I'll be able to set foot on the ice for a game."

While his teammates can only dream of life in the NHL, captain Ryan Nugent-Hopkins has already lived it. He was a point-per-game player with the Edmonton Oilers last year, and a rising star in the league.

As such, Nugent-Hopkins has become a wonderful resource for his teammates to learn about life in the bigs.

"They definitely have a lot of questions," said Nugent-Hopkins. "Some guys have experienced a few games. Some guys will be there in a few seasons. There definitely are some questions and I try to shed light on it."

What does he tell them?

"It's definitely the best of everything," said Nugent-Hopkins. "The checking is so much better, the speed of the game is just amazing. The first thing I noticed was the atmosphere in the buildings. It was extremely fun to play in, playing against



Team Canada captain Ryan Nugent-Hopkins looks up ice during practice on Wednesday in Ufa, Russia.

NATHAN DENETTE/THE CANADIAN PRESS

Quarter-final clashes

John Gaudreau had a hat trick, Riley Barber scored twice and the United States beat the Czech Republic 7-0 to set up a rematch with Canada in Thursday's semifinal. Canada topped

the U.S. 2-1 in the preliminary round.

- Defending champion Sweden will face Russia in the other semifinal.

THE ASSOCIATED PRESS

the best players in the world, players I've always watched, was pretty cool."

As much as Nugent-Hopkins has been the focus of the team's offence on the ice, he is the focus of attention off it for the advice he can give.

"He's been talking to us a little bit about it," said Jenner. "Little stories. Everyone listens in.... He's already been up there. It's kind of cool."

Defenceman Scott Harrington — drafted by the Pittsburgh Penguins — pays rapt attention when Nugent-Hopkins talks.

"He's been great for us," said Harrington. "He brings so much experience and leadership. He told us what it's like. It sounds awesome. It's motivation for the rest of us to get to where he is."

In all, 20 of Team Canada's 23 players are already drafted by NHL clubs. As many as 10 could get the call to come to

camp immediately after the tournament if the lockout ends.

They'll have pulled off a rare double: Getting to play in the world juniors, then getting an immediate shot at the NHL.

"It's definitely pretty exciting to think about it that way," said Kitchener Rangers defenceman Ryan Murphy, a lock to go to the Carolina Hurricanes' camp. "I never really thought about it, but that could have been my last game in Kitchener I played before the break."

"It would be nice to play another game in Kitchener, but it would be pretty cool to play in the NHL. Whatever happens, I'll be happy with it."

TORSTAR NEWS SERVICE

Go to metronews.ca for coverage of Thursday's Canada-U.S. semifinal in Ufa, Russia.



NHLers temper excitement for return to ice



Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for a September training session in Brossard, Que. Begin is cautiously optimistic a deal to end the lockout is coming soon. GRAHAM HUGHES/THE CANADIAN PRESS FILE

The talks have heated up and a deal could soon be at hand, but NHL players are trying not to let their hopes get too high that a collective-bargaining agreement will get signed and a partial season will be saved.

A group of eight NHL players skating in Candiac, Que., a suburb of Montreal, Wednesday were glad that their players' union and the league have been talking over the last few days in New York. But they caution that the NHLPA thought a deal was close only a month ago, only to see commissioner Gary Bettman withdraw his offer.

"Yes, we're excited, but

Quoted

"Now I think it's time.... I think they'll get something done."

Locked-out defenceman Steve Begin

I hope it's not like last time when we were all excited and then the next thing you know, it's off the table," said forward Steve Begin. "But you have to stay positive."

Begin does not have a contract, but is awaiting a chance to crack the Calgary Flames' roster during what may be a short training camp.

The league wants a deal done by Jan. 11, so a 48-game schedule can start on Jan. 19. The threat of losing an entire season, as happened in 2004-05, looks to have lit a fire under the negotiations.

"I've got excited before and I'm not going to get excited until a deal is signed," cautioned Montreal Canadiens captain Brian Gionta.

"We're looking forward because it's getting late," said Canucks forward Alex Burrows. "We're in the new year now, so we have to make sure they keep talking and find a way to grind it out and agree on a few things." THE CANADIAN PRESS



Denver Broncos' offensive co-ordinator Mike McCoy, left, talks with quarterback Peyton Manning during a game on Dec. 16. Wally Buono knew 13 years ago that McCoy had the qualities to be a good football coach. ROB CARR/GETTY IMAGES

Buono knew QB would be real McCoy as coach

Job interviews. Mike McCoy, former CFL QB, is meeting Buffalo, Chicago, Arizona and Philadelphia about head coach spots

Mike McCoy's one of the NFL's hottest head-coaching prospects, but Wally Buono knew 13 years ago while with the Calgary Stampeders that the Broncos' offensive co-ordinator had the qualities to be a good football coach.

"Oh yeah and here's why," the B.C. Lions vice-president of football operations and GM said Wednesday. "We had Mike for something like four days

and then he started for us and won four or five games with no training camp and a lot of it was because he cerebrally was able to pick up things quickly and stay within the structure of the offence.

"He had all the things as a coach you need to have: You have to have a work ethic, you have to have discipline, you have to have toughness. Things didn't faze him."

Buono was Calgary's head coach in '99 when McCoy arrived and quickly found himself under centre with injuries to regulars Dave Dickenson and Henry Burris. McCoy adjusted quickly, completing 117 of 183 passes (63.9 per cent) for 1,669 yards with 10 TDs and just two interceptions.

At season's end, Buono wanted McCoy to return but

the then 28-year-old quarterback abruptly retired to become an offensive assistant coach with the NFL's Carolina Panthers.

Completing his fourth season as Denver's offensive co-ordinator, McCoy should be relishing an off week after the Broncos (13-3) earned a first-round playoff bye. Instead, he'll meet with the Buffalo Bills, Chicago Bears, Arizona Cardinals and Philadelphia Eagles about their head-coaching vacancies.

McCoy, 40, has shown a deft touch when it comes to designing successful offences, having helped Denver reach the playoffs the last two years with vastly different quarterbacks.

In 2011, Denver (8-8) topped the NFL in rushing and beat Pittsburgh in the playoffs with Tim Tebow, the former Heisman Trophy winner who has been criticized for his flawed passing mechanics. This season, the Broncos (13-3) were ranked second overall in scoring with Peyton Manning, a future Hall of Famer and one of the top passers in league history.

THE CANADIAN PRESS

Quoted

"Mike, at the time, could have been our starting quarterback, but went to Carolina almost as a graduate assistant because he felt the vision for his life was to be a coach." Wally Buono on Denver Broncos offensive co-ordinator and head-coaching prospect Mike McCoy

Premier league

Last-placed QPR stuns Chelsea

Chelsea's recovery under Rafa Benitez was brought to a shuddering halt by Queens Park Rangers on Wednesday as the Premier League's bottom team won 1-0 in the west London derby.

QPR's first win in the topflight at Stamford Bridge since March 1979 was secured by Shaun Wright-Phillips scoring against his former club.

The end of Chelsea's four-game win streak in one of the biggest shocks so far this season left Benitez's side fourth in the standings.

Everton is only two points behind after beating Newcastle 2-1, but has played a game more than both Chelsea and sixth-place Arsenal.

Liverpool still has its sights on the top four, beating Sunderland 3-0 to move seven points behind Chelsea but having played a match more.

THE ASSOCIATED PRESS



Shaun Wright-Phillips scores the winner on Sunday. GETTY IMAGES

Tennis. Tomic upsets Djokovic Down Under

Bernard Tomic defeated top-ranked Novak Djokovic 6-4, 6-4 to earn the best win of his career, but Australia lost to Serbia 2-1 at the Hopman Cup on Wednesday.

Ana Ivanovic evened the round-robin tie by overwhelming Australian 16-year-old Ashleigh Barty 6-2, 6-3. Barty made a positive start, but once Ivanovic made the first break to lead 4-2 she took almost total control.

The Serbians then combined to win the mixed doubles 6-4, 6-7 (8), 10-6.

Tomic put Djokovic under pressure right from the start, holding five break points in the opening game. Djokovic survived that threat and held a break point of his own to lead 5-3, but netted a backhand. Tomic then broke serve in the next game with a cross-court forehand winner and served out the set.

He kept up the pressure in the second set, failing to convert a break point to lead 4-3, but won his sixth break point at 5-4, which left him serving for the match, and his first win over Djokovic in four tries.

"I played a very, very good match and I'm just happy after the training the last few months that it's all coming good and the training's paying off," Tomic said.

"Hard work does pay off.



Bernard Tomic on Wednesday. GETTY IMAGES

I'm still improving, but I feel this today was a very good sign. I've got to continue playing like this."

Playing in front of more than 13,000 in the sold-out Perth Arena, Tomic admitted to feeling nervous at the start.

"Very difficult to play the first few games," he said. "It's very hard playing against a player like Novak and come out relaxed. But I'm happy the way I came out. I was serving really good and the whole match was on my side because my serve was working really well."

Djokovic was generous in defeat and conceded that Tomic deserved his victory.

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	21	8	.724	—
New York	21	10	.677	1
Atlanta	20	10	.667	1 1/2
Indiana	18	13	.581	4
Milwaukee	16	13	.552	5
Chicago	16	13	.552	5
Brooklyn	16	15	.516	6
Philadelphia	15	17	.469	7 1/2
Boston	14	16	.467	7 1/2
Orlando	12	19	.387	10
Toronto	12	20	.375	10 1/2
Detroit	12	22	.353	11 1/2
Charlotte	8	23	.258	14
Cleveland	7	26	.212	16
Washington	4	25	.138	17

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	24	6	.800	—
L.A. Clippers	25	7	.781	—
San Antonio	25	8	.758	1/2
Memphis	19	9	.679	4
Golden State	21	10	.677	3 1/2
Houston	17	14	.548	7 1/2
Denver	18	15	.545	7 1/2
Minnesota	14	13	.519	8 1/2
Portland	16	15	.516	8 1/2
L.A. Lakers	15	16	.484	9 1/2
Utah	15	17	.469	10
Dallas	13	19	.406	12
Sacramento	12	20	.375	13
Phoenix	11	21	.344	14
New Orleans	7	24	.226	17 1/2

Wednesday's results

Toronto 102 Portland 79
Sacramento 97 Cleveland 94
Washington at Indiana
Chicago at Orlando
Memphis at Boston
Dallas at Miami

San Antonio at Milwaukee
Brooklyn at Oklahoma City
New Orleans at Houston
Philadelphia at Phoenix
Minnesota at Utah
L.A. Clippers at Golden State

Thursday's games — All Times Eastern
San Antonio at New York, 7:30 p.m.
Minnesota at Denver, 9 p.m.

Friday's games
Sacramento at Toronto, 7 p.m.
Brooklyn at Washington, 7 p.m.

Cleveland at Charlotte, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Philadelphia at Oklahoma City, 8 p.m.

Indiana at Boston, 8 p.m.
Chicago at Miami, 8 p.m.
Portland at Memphis, 8 p.m.

Houston at Milwaukee, 8:30 p.m.
Utah at Phoenix, 9 p.m.
L.A. Lakers at L.A. Clippers, 10:30 p.m.

NBA SCORING LEADERS

	G	FG	FT	PTS	AVG
Bryant, LAL	31	323	227	939	30.3
Anthony, NYK	25	249	164	729	29.2
Durant, Okl	30	277	249	854	28.5
James, Mia	29	295	132	762	26.3
Harden, Hou	30	229	266	783	26.1
Westbrook, Okl	30	224	156	646	21.5
Aldridge, Por	28	237	115	589	21.0
Wade, Mia	25	194	114	509	20.4
Lee, GoS	31	260	102	622	20.1
Curry, GoS	31	215	99	621	20.0
Pierce, Bos	30	197	148	598	19.9
Ellis, Mil	29	211	122	570	19.7
Parker, SA	31	234	114	597	19.3
Holiday, Phi	28	211	75	528	18.9
Lillard, Por	30	193	98	553	18.4
DeRozan, Tor	31	210	129	565	18.2
Mayo, Dal	32	206	97	583	18.2
Walker, Cha	31	206	111	560	18.1
Gay, Mem	27	185	87	485	18.0
Bosh, Mia	28	191	117	505	18.0
Anderson, NO	31	205	44	554	17.9
Duncan, SA	32	227	110	566	17.7
Deng, Chi	29	192	102	509	17.6
Jennings, Mil	29	188	78	509	17.6
Griffin, LAC	32	229	104	564	17.6
West, Ind	31	222	97	543	17.5
Howard, LAL	31	187	160	535	17.3

Not including last night's games

RAPTORS 102, TRAILBLAZERS 79

PORTLAND (79)

Batum 4-12 2-2 10, Aldridge 7-12 0-0 18, Hickson 1-4 0-0 2, Lillard 6-13 5-6 18, Matthews 4-7 2-3 12, Freeland 4-6 3-3 11, Claver 1-2 0-1 2, Price 1-2 0-0 2, Babbitt 1-4 1-1 4, Barton 0-1 0-0 0, Pavlovic 1-3 0-0 2, Smith 1-4 0-0 2. Totals 31-70 13-16 79.

TORONTO (102)

Pietrus 0-4 0-0 0, Davis 9-12 1-4 19, Gray 0-0 0-0 0, Calderon 0-1 0-0 0, DeRozan 11-17 1-1 24, Johnson 7-12 3-3 17, Anderson 2-9 0-4 4, Lowry 0-2 0-0 0, Fields 3-4 1-1 7, Ross 8-14 4-6 26, Acy 0-0 2-2 2, Lucas 1-2 0-0 3. Totals 41-77 12-17 102.

Portland 17 22 22 18 —79

Toronto 24 31 23 24—102

3-Point Goals—Portland 4-22 (Matthews 2-4, Babbitt 1-4, Lillard 1-5, Claver 0-1, Pavlovic 0-2, Batum 0-6), Toronto 8-23 (Ross 6-9, Lucas 1-2, DeRozan 1-3, Calderon 0-1, Anderson 0-2, Lowry 0-2, Pietrus 0-4). Fouled Out—None. Rebounds—Portland 38 (Aldridge 10), Toronto 45 (Johnson, Davis, Fields 7). Assists—Portland 19 (Lillard 7), Toronto 34 (Calderon 13). Total Fouls—Portland 18, Toronto 20. Technicals—Acy. A—18,117 (19,800).

NFL

WILD-CARD PLAYOFFS

Saturday's games — All Times Eastern
Cincinnati at Houston, 4:30 p.m.
Minnesota at Green Bay, 8 p.m.

Sunday's games

Indianapolis at Baltimore, 1 p.m.
Seattle at Washington, 4:30 p.m.

DIVISIONAL PLAYOFFS

Saturday, Jan. 12

Baltimore, Indianapolis or Cincinnati at Denver, 4:30 p.m.
Washington, Seattle or Green Bay at San Francisco, 8 p.m.

Sunday, Jan. 13

Washington, Seattle or Minnesota at Atlanta, 1 p.m.
Baltimore, Indianapolis or Houston at New England, 4:30 p.m.

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 20

AFC, TBA

NFC, TBA

SUPER BOWL

Sunday, Feb. 3

At New Orleans

AFC champion vs. NFC champion, 6 p.m.

IIHF WORLD JUNIORS

QUARTER-FINALS

Wednesday's results

U.S. 7 Czech Republic 0
Russia 4 Switzerland 3 (SO)

SEMIFINALS

Thursday's games — All Times Eastern

Canada vs. U.S., 4 a.m.

Sweden vs. Russia, 8 a.m.

Friday's game (5th place)

Czech Republic vs. Switzerland, 8 a.m.

MEDAL ROUND

BRONZE MEDAL GAME

Saturday, 4 a.m.

GOLD MEDAL

Saturday, 8 a.m.

RELEGATION BRACKET

	GP	W	OTW	OTL	L	GF	GA	Pt
Finland	2	2	0	0	0	13	1	6
Slovakia	1	0	1	0	0	2	1	2
Germany	2	0	0	1	1	10	1	1
Latvia	1	0	0	0	1	1	5	0

Wednesday's result

Finland 8 Germany 0

Thursday's game

Slovakia vs. Latvia, 6 a.m.

Friday's games

Latvia vs. Germany, 4 a.m.

Finland vs. Slovakia, 8 a.m.

♈ Aries



II Gemini

 Cancer

Ω Leo

♍ Virgo

 Libra

♏ Scorpio

♐ Sagittarius

Capricorn

 **Aquarius**

♊ Pisces

Crossword

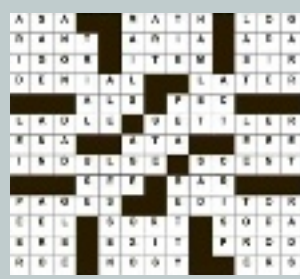
Across

1. Coffee holder
4. Beer holder
7. Intense anger
11. Minerals
13. Opening (anat.)
14. I smell -- (2 words)
15. Window shopping
17. Patience -- virtue (2 words)
18. First two vowels in a sequence
19. Handbag handles
22. Pancake mixture
26. Battery sz.
27. Spanish cheer
28. Blood type (abbr.)
30. Fencing weapon
34. Actress Maris of Nurses
35. Show gratitude to
37. Ruin
38. Florida city
40. Negative
41. -- loss for words (2 words)
42. Chemical suffix
43. Confidential
46. Newcomer
50. User of racing
51. Lab eggs
52. Refrains from
58. Yesteryear
60. "The Crying Game" actor
61. Kind of point
62. Monthly exp.
63. Directed
64. Atlas abbr.

Down

1. Corn throwaway
2. YYZ posting
3. Prefix meaning recent
4. Japanese carp
5. Shore bird
6. Jokes
7. Egyptian Sun God
8. Diva's solo
9. Shuck
10. Shuck
11. Shuck
12. Lay eyes on
13. Shuck
14. Shuck
15. Shuck
16. Shuck
17. Shuck
18. Shuck
19. Shuck
20. Chore
21. Not yet cooked
22. Gravy holder
23. Burghoff's co-star
24. Plow puller
25. School cheer
26. Shuck
27. Shuck
28. Shuck
29. Exclude
30. Shuck

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

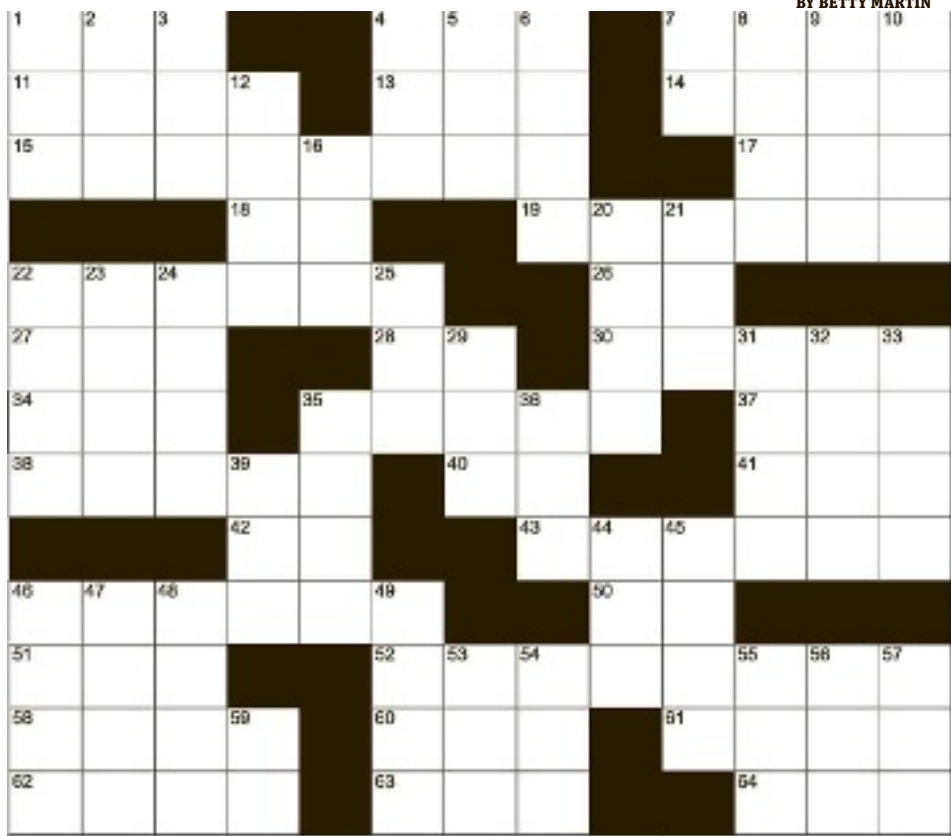
4	2	5	3	5	9	1	7	6
5	9	3	7	8	1	2	4	6
7	6	1	8	4	2	9	3	5
8	3	7	1	2	5	8	9	4
6	5	2	9	3	4	7	8	1
1	4	9	6	8	7	3	5	2
2	7	4	5	1	3	8	6	9
9	1	6	4	7	8	5	2	3
3	8	5	2	9	6	4	1	7

cold.

HALLS
SINCE 1904

We'll all feel better.

BY BETTY MARTIN











9. Sound of fright
10. Greek letters
12. Smack
16. Lay eyes on
20. Chore
21. Not yet cooked
22. Gravy holder
23. Burghoff's co-
24. Plow puller
25. School cheer
29. Exclude

31. Actor Epps of House, M.D.
32. Hotel posting
33. Mild oath
35. Powder
36. Numerals (abbr.)
39. Luau fare
44. Consume
45. Chowder ingredient
46. Slangy refusal
47. Football shape
48. Bud holder

49. My Name is —
53. Opie's aunt
54. Melancholy
55. Comparative suffix
56. Word with 'waste' and 'want'
57. Fr. holy woman
58. Roger E. Mosley on Magnum,
P.I.

	2		8		7		1	
	7	5				9	4	
1								2
		6	7	1	8	2		
		4	6	9	3	8		
5								7
	8	9				3	6	
	6		4		5		8	

Today                                                    

NEED A RIDE?
Read metrodrive every Wednesday.

Weather your cold.



HALLS
VapoRub

For the temporary relief of cough. Always read and follow the label.

We'll all feel better.



QuestChat™
NORTH AMERICA'S **BUSIEST** CHAT LIVE

FREE TRIAL

613.232.4444
Other Cities: **1.888.482.8282**

Get the QuestChat™ **FREE APP**
on the App Store or Google Play

Call 800-452-0202, Fax 613-232-4444 or Email info@questchat.com
Free trial not applicable in BC & SK

1-888-482-8282

© 2014 QuestChat Inc. All rights reserved. QuestChat is a registered trademark of QuestChat Inc.



SAVE
\$300

LG
55" 1080p 120Hz
Slim LED HDTV
55LS4500 Web Code: 10229372

799⁹⁹
AFTER SAVINGS



SAVE
\$600

JBL
Triple 4" Three-Way
Tower Loudspeaker
LOFT50 Web Code: 10178137

399⁹⁹
PR.
AFTER SAVINGS



SAVE
\$100

Available in:
hp
Next Gen AMD Quad-Core A8 APU
G6-2268ca Black Web Code: 10225645
G6-2208ca Web Code: 10225647

15.6" SCREEN **8GB** MEMORY **750GB** HARD DRIVE **NUMERIC** KEYPAD **HDMI** OUTPUT

469⁹⁹
EA.
AFTER SAVINGS

10% OFF
THE LOWEST
TICKETED PRICE
ON DIGITAL
CAMERAS, LENS,
AND FLASH



BOXING WEEK SALE EXTENDED

SALE STARTS FRIDAY, JANUARY 4, 2013

DEEPER DISCOUNTS AND MORE DEALS!

All products are limited in quantities. No rainchecks. Limit 1 per family.

**BEST
BUY**



INSIGNIA
24" 1080p 60Hz LED HDTV
NS-24E340A13 Web Code: 10189288

SAVE \$40
129⁹⁹
AFTER SAVINGS



FREE \$50 GIFT CARD
Bell ROGERS TELUS
Samsung Galaxy S III 16GB
GSIII White/Blue Web Code: 10205981/
5982/5978/5979/5983/5984
GSIII Red Web Code: 10222605
SAVE \$50
0⁰⁰
EA.
AFTER SAVINGS
ON A 36-MONTH PLAN
ROGERS/BELL TELUS ON RENEWAL³

Available in: (Red available at Bell only)



BOSE
IE2 Audio Headphones
• Enjoy music with lifelike clarity & range
• Comfortable in-ear fit & greater stability
• Proprietary StayHear™ tips deliver comfort
IE2 Web Code: 10154225

CONTROL
TALK

SAVE \$20
99⁹⁹
AFTER SAVINGS

**EXTRA
25% OFF**
ALL MARLEY
HEADPHONES



160GB PlayStation®3 Console, LittleBIG-Planet 2, Ratchet & Clank: All 4 One, and Epic Mickey 2: The Power of Two
99118 Web Code: 10223016/10147607/10171972/10203926

SAVE \$80
249⁹⁹
AFTER SAVINGS



Available in: **SONY**
3rd Generation Intel® Core™ i5 Processor
SVE15123CDS Aluminum Silver Web Code: 10224427/8

SAVE \$100
599⁹⁹
EA.
AFTER SAVINGS



Logitech
360° Speaker System
• Two speakers and a down-firing subwoofer
2323 Black Web Code: 10129936

SAVE \$40
49⁹⁹
AFTER SAVINGS



acer
AMD A6-3620 Quad-Core APU
• Integrated AMD HD 6530D Graphics
AX3470-EB358 Web Code: 10226760

8GB MEMORY **1TB** HARD DRIVE **3.0** USB **HDMI** OUTPUT

A6 VISION
AMD

SAVE \$60
379⁹⁹
AFTER SAVINGS



ASUS
AMD A8-5500 Quad-Core APU
• Integrated Radeon HD 7560D Graphics
CM1745-CA0015 Black Web Code: 10227759

8GB MEMORY **1TB** HARD DRIVE **3.0** USB **HDMI** OUTPUT

A8 VISION
AMD

SAVE \$60
439⁹⁹
AFTER SAVINGS

**EXTRA
15% OFF**
ALL
WESTERN
DIGITAL
HARDDRIVES



HUGE SELECTION OF BLACKBERRY ACCESSORIES **ON SALE**



hipstreet
BlackBerry PlayBook Screen Protector
• Protects from scratches and scrapes
Web Code: 10169612

SAVE \$15
4⁹⁹
AFTER SAVINGS



lenovo
IdeaTab Tablet
• Android 4.0 Ice Cream Sandwich OS
• 1.0GHz MediaTek Cortex A9 Processor
A2107 Web Code: 10227602

7" SCREEN **8GB** STORAGE

SAVE \$30
99⁹⁹
AFTER SAVINGS

SHOPPING ONLINE?

Online code: **extrasavings**

Visit BestBuy.ca/ExtraSavings
and enter the online code
to enjoy additional discounts.

BestBuy.ca

ADVERTISING POLICY: Prices valid at Best Buy stores in Canada. Some products in this ad may be slightly different from illustrations. Not all products are available in all stores. Best Buy is committed to accurate pricing. Website prices, products, and promotions may differ from our retail store offerings. Best Buy reserves the right to correct errors. Special offers cannot be combined or applied to previous purchases. We reserve the right to limit quantities. Terms and conditions subject to change without notice. ²New in-store activation required on select 36-month voice and data plans. Gift with purchase offers applicable on a 36-month plan only. See in-store for details. Excludes upgrades and renewals. ³In-store activation required on new 36-month plan with minimum \$50/add-on(s)/month. Gift with purchase offers applicable on 36-month plan only. See in-store for more details. TELUS reserves the right to modify prices and eligible rate plans with this offer at any time without advance notice. SIM card not included. Gift cards good toward future in-store or online purchases.

Prices and offers good **January 4 through January 10, 2013**. References to savings or sale prices are comparisons to Best Buy Canada regular prices. **All products limited to 1 per family unless otherwise indicated. While quantities last. No dealers. No rainchecks. We reserve the right to limit quantities.** © 2013 Best Buy